



Community Supports

An introduction to some of the supports available for parents and by parents in the Halton Region.

This information is designed to provide parents with a quick reference of names, telephone numbers and websites for some of the parent to parent support groups available in the Halton area. We encourage you to also check the phone book (i.e. Parks and Recreation in the blue pages), community centres, Halton Region Public Health Department and the Internet for other support groups and information centers.

ORGANIZATION	PHONE NUMBER	E-MAIL / WEB SITE
Breastfeeding: La Leche League	905-381-1010	www.lalecheleaguecanada.ca/groups.php
Halton Breastfeeding Connection (Also check your local hospital for Breastfeeding times)	905-825-6000	www.region.halton.on.ca/health/programs/baby_parent/default.hym
Parenting Multiples: Multiple Births of Canada	1-866-228-8824	www.multiplebirthscanada.org
Parenting Children With Disabilities: Wraparound	905-849-8000	
Parenting Drop-Ins: Calling New Parents	905-825-6000	
Early Years Centres	905-849-6366	
MOLO (Mothers of Little Ones) – Father Baptist Church & The Sanctuary	905-257-3987	
Moms & Tots – St. Michaels Catholic Church	905-337-1642	
Mom's Time Out – Chartwell Baptist Church	905-842-0207	
North Halton Early Years Centre	905-876-1244	
North Oakville Moms & Tots	905-337-2307	
Oak Park Moms & Tots	905-257-9080	www.oakparkmomsandtots.ca
Oakville YMCA	905-845-3417	www.ymcaofOakville.com
Tots and Us – St. Paul's United Church	905-845-3427	
Postpartum Depression: Our Sisters' Place	416-486-7432	
Eating Disorders: National Eating Disorder Info Centre	416-340-4156	www.nedic.ca
Children With Diabetes: Canadian Diabetes Association	1-866-429-3681 ext. 232	www.diabetes.ca/section_services/index.asp
Oakville/Burlington Parents of Children with Diabetes Support Group	905-331-1338 905-825-2714	
Other Community Resources in Halton		www.hipinfo.info

This Information was developed by the Family Centered Care Advisory Committee of the Maternal Child Program at Halton Healthcare Services.

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